

Thinking of you
Electrolux

User Manual

Microwave oven

EMS26405



We were thinking of you
when we made this product

GB

Welcome to the world of Electrolux

You've chosen a first class product from Electrolux, which hopefully will provide you with lots of pleasure in the future. Electrolux ambition is to offer a wide variety of quality products that would make your life even more comfortable. You can look at some examples on the cover in this manual. But now it's time to study this manual and start using and enjoying the benefits from your new machine. We promise that it'll make your life a little easier. Good luck!

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Important safety instructions: Read carefully & keep for future reference

To avoid the danger of fire

The microwave oven should not be left unattended during operation.

Power levels that are too high or cooking times that are too long may overheat foods resulting in a fire.

The electrical outlet must be readily accessible so that the unit can be unplugged easily in an emergency. Do not store or use the oven outdoors.

If food being heated begins to smoke, DO NOT OPEN THE DOOR. Turn off and unplug the oven and wait until the food has stopped smoking. Opening the door while food is smoking may cause a fire.

Only use microwave-safe containers and utensils. See pages 15-16.

Do not leave the oven unattended when using disposable plastic, paper or other combustible food containers.

Clean the waveguide cover, the oven cavity, the turntable and turntable support after use. These must be dry and free from grease. Built-up grease may overheat and begin to smoke or catch fire.

Do not place flammable materials near the oven or ventilation openings. Do not block the ventilation openings.

Remove all metallic seals, wire twists, etc., from food and food packages. Arcing on metallic surfaces may cause a fire.

Do not use the microwave oven to heat oil for deep frying. The temperature cannot be controlled and the oil may catch fire.

To make popcorn, only use special microwave popcorn makers.

Do not store food or any other items inside the oven.

Check the settings after you start the oven to ensure the oven is operating as desired.

See the corresponding hints in this operation manual.

To avoid the possibility of injury



Warning: Do not operate the oven if it is damaged or malfunctioning. Check the following before use:

- a) **The door; make sure the door closes properly and ensure it is not misaligned or warped.**
- b) **The hinges and door safety latches; check to make sure they are not broken or loose.**
- c) **The door seals and sealing surfaces; ensure that they have not been damaged.**
- d) **Inside the oven cavity or on the door; make sure there are no dents.**
- e) **The power supply cord and plug; ensure that they are not damaged.**

Never adjust, repair or modify the oven yourself. It is hazardous for anyone other than a competent person to carry out any service or repair operation which involves the removal of a cover which gives protection against exposure to microwave energy.

Do not operate the oven with the door open or alter the door safety latches in any way.

Do not operate the oven if there is an object between the door seals and sealing surfaces.

Do not allow grease or dirt to build up on the door seals and adjacent parts. Follow instructions for “Care & cleaning”, page 39. Failure to maintain the oven in a clean condition could lead to a deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.

Individuals with PACEMAKERS should check with their doctor or the manufacturer of the pacemaker for precautions regarding microwave ovens.

To avoid the possibility of electric shock

Under no circumstances should you remove the outer cabinet.

Never spill or insert any objects into the door lock openings or ventilation openings. In the event of a spill, turn off and unplug the oven immediately and call your local Service Force Centre.

Do not immerse the power supply cord or plug in water or any other liquid. Do not allow the power supply cord to run over any hot or sharp surfaces, such as the hot air vent area at the top rear of the oven.

Do not attempt to replace the oven lamp yourself or allow anyone who is not authorised by Service Force to do so. If the oven lamp fails, please consult your dealer or contact your local Service Force Centre.

If the power supply cord of this appliance is damaged, it must be replaced with a special cord. The exchange must be made by an authorised Service Force technician.

To avoid the possibility of explosion and sudden boiling



Warning: Liquids and other foods must not be heated in sealed containers since they are liable to explode.

Never use sealed containers. Remove seals and lids before use. Sealed containers can explode due to a build up of pressure even after the oven has been turned off.

Take care when microwaving liquids. Use a wide-mouthed container to allow bubbles to escape.

Microwave heating of beverages can result in delayed eruptive boiling, therefore care has to be taken when handling the container.

To prevent sudden eruption of boiling liquid and possible scalding:

1. Stir liquid prior to heating/reheating.
2. It is advisable to insert a glass rod or similar utensil into the liquid whilst reheating.
3. Let liquid stand for at least 20 seconds in the oven at the end of cooking time to prevent delayed eruptive boiling.

Do not cook eggs in their shells and whole hard boiled eggs should not be heated in microwave ovens since they may explode even after microwave cooking has ended. To cook or reheat eggs which have not been scrambled or mixed, pierce the yolks and the whites, or the eggs may explode. Shell and slice hard boiled eggs before reheating them in the microwave oven.

Pierce the skin of such foods as potatoes, sausages and fruit before cooking, or they may explode.

To avoid the possibility of burns

Use pot holders or oven gloves when removing food from the oven to prevent burns.

Always open containers, popcorn makers, oven cooking bags, etc., away from the face and hands to avoid steam burns.

To avoid burns, always test food temperature and stir before serving and pay special attention to the temperature of food and drink given to babies, children or the elderly.

Temperature of the container is not a true indication of the temperature of the food or drink; always check the food temperature.

Always stand back from the oven door when opening to avoid burns from escaping steam and heat.

Slice stuffed baked foods after heating to release steam and avoid burns.

Keep children away from the door and accessible parts that may become hot when the grill is in use. Children should be kept away to prevent them burning themselves.

Do not touch the oven door, outer cabinet, rear cabinet, oven cavity, ventilation openings, accessories and dishes during **GRILL** mode, **DUAL GRILL** mode and **AUTO COOK** operation as they will become hot. Before cleaning make sure they are not hot.

To avoid misuse by children

Warning: Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use.

Do not lean or swing on the oven door. Do not play with the oven or use it as a toy.

Children should be taught all important safety instructions: use of pot holders, careful removal of food coverings; paying special attention to packaging (e.g. self-heating materials) designed to make food crisp, as they may be extra hot.

Other warnings

Never modify the oven in any way. This oven is for home food preparation only and may only be used for cooking food. It is not suitable for commercial or laboratory use.

To promote trouble-free use of your oven and avoid damage

Never operate the oven when it is empty except where recommended in the operation manual, see page 18 note 2. Doing so may damage the oven.

When using a browning dish or self-heating material, always place a heat-resistant insulator such as a porcelain plate under it to prevent damage to the turntable and turntable support due to heat stress. The preheating time specified in the dish's instructions must not be exceeded.

Do not use metal utensils, which reflect microwaves and may cause electrical arcing. Do not put cans in the oven.

Only use the turntable and the turntable support designed for this oven. Do not operate the oven without the turntable.

To prevent the turntable from breaking:

- a) Before cleaning the turntable with water, leave the turntable to cool.
- b) Do not put hot foods or hot utensils on a cold turntable.
- c) Do not put cold foods or cold utensils on a hot turntable.

Do not place anything on the outer cabinet during operation.

Do not use plastic containers for microwaving if the oven is still hot from using the **GRILL** mode, **DUAL GRILL** mode and **AUTO COOK** operation because they may melt. Plastic containers must not be used during above modes unless the container manufacturer says they are suitable.

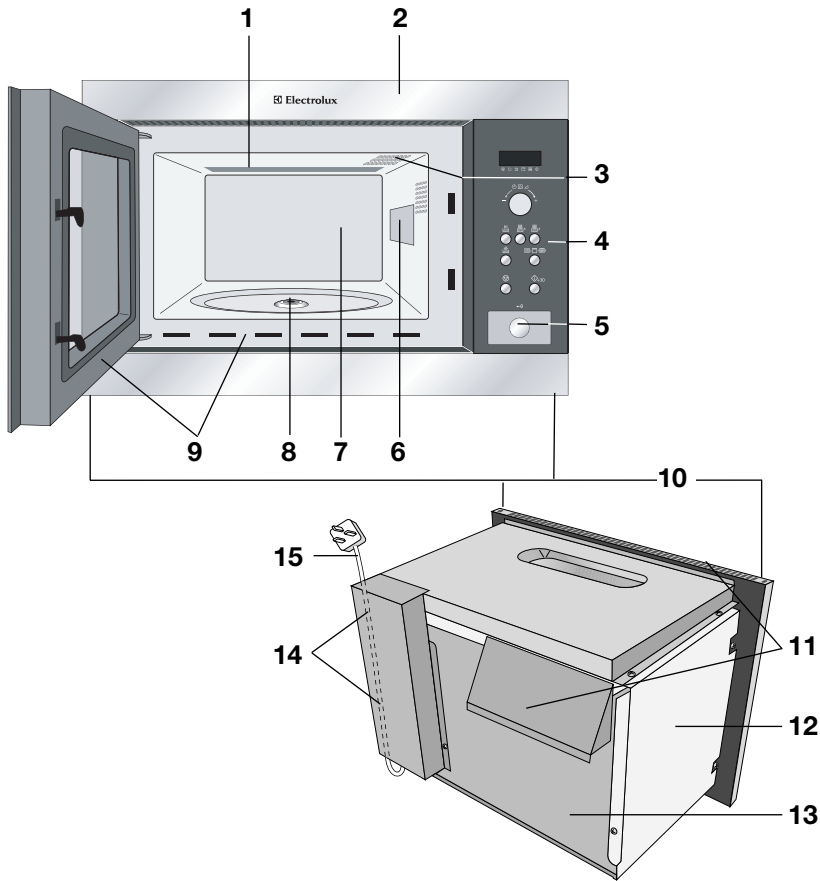
Note:

If you are unsure how to connect your oven, please consult an authorised, qualified electrician.

Neither the manufacturer nor the dealer can accept any liability for damage to the oven or personal injury resulting from failure to observe the correct electrical connection procedure.

Water vapour or drops may occasionally form on the oven walls or around the door seals and sealing surfaces. This is a normal occurrence and is not an indication of microwave leakage or a malfunction.

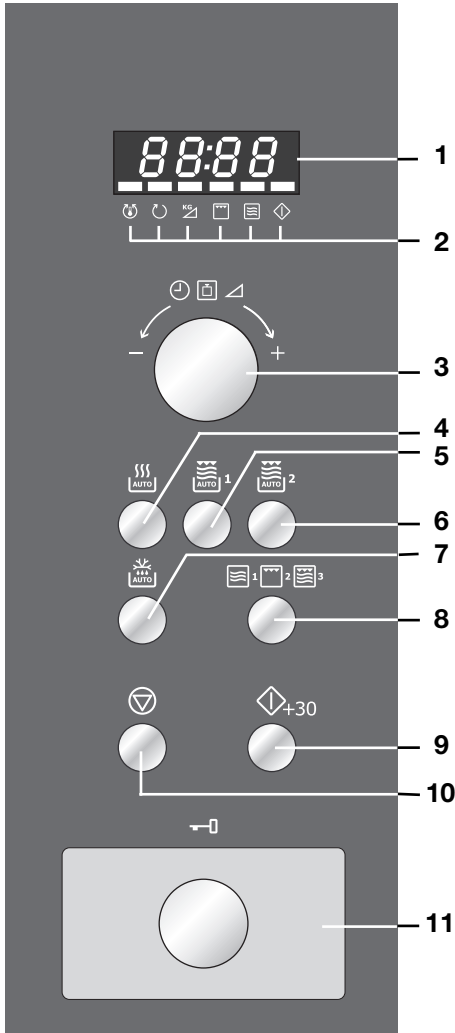
Product description



- 1** Grill heating element
- 2** Front trim
- 3** Oven lamp
- 4** Control panel
- 5** Door opening button
- 6** Waveguide cover
- 7** Oven cavity
- 8** Seal packing

- 9** Door seals and sealing surfaces
- 10** Fixing points (4 points)
- 11** Ventilation openings
- 12** Outer cover
- 13** Rear cabinet
- 14** Power supply cord support clips
- 15** Power supply cord







Control panel



1 Digital display

2 Indicators

The appropriate indicator will flash or light up, just above each symbol according to the instruction. When an indicator is flashing, press the appropriate button (having the same symbol) or carry out the necessary operation.

-  Stir
-  Turn over
-  Weight/Power level
-  Grill
-  Microwave
-  Cooking in progress

3 TIMER/WEIGHT/POWER knob

4 AUTO COOK button

Press to select one of the 2 automatic programmes.

5 AUTO COOK PLUS GRILL 1 button

Press to select one of the 2 automatic programmes.

6 AUTO COOK PLUS GRILL 2 button

Press to select one of the 4 automatic programmes.

7 AUTO DEFROST button

Press to select one of the 4 automatic programmes.

8 COOKING MODE button

Press to select either microwave, grill or dual grill, or use to set the clock.

1. Press once to select microwave function.
2. Press twice to select the grill.
3. Press three times to select dual grill mode, microwave with grill.

9 START/+30 button

10 STOP button

11 DOOR OPENING button

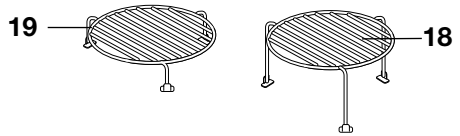
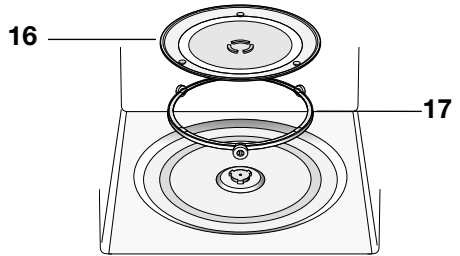
Accessories

Check to make sure the following accessories are provided:

- (16)** Turntable
- (17)** Turntable support
- (18)** High rack
- (19)** Low rack
- (20)** 4 fixing screws (not shown)

- Place the turntable support in the seal packing on the floor of the cavity.
- Then place the turntable on the turntable support.
- To avoid turntable damage, ensure dishes or containers are lifted clear of the turntable rim when removing them from the oven.

Note: When you order accessories, please mention two items: part name and model name to your dealer or local Service Force Centre.



Before first use

Before operation

1. Plug in the oven.
2. The oven display will flash:



3. Press the **STOP** button, the display will show:



4. To set the clock, see below.
5. Heat the oven without food. (See page 18 note 2.)

Using the STOP button

Use the **STOP** button to:

1. Erase a mistake during programming.
2. Stop the oven temporarily during cooking.
3. Cancel a programme during cooking, touch twice.

Setting the clock

There are two setting modes: 12 hour clock and 24 hour clock.

1. To set the 12 hour clock, hold the **COOKING MODE** button down for 3 seconds. **12 H** will appear in the display.
2. To set the 24 hour clock, press the **COOKING MODE** button once more after Step 1, in the example **24 H** will appear in the display.

Example: To set the 24 hour clock to 23:35.

1. Choose the clock function. (12 hour clock).



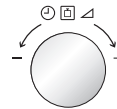
x1 and hold for 3 seconds

Choose the 24 hour clock.



x1

2. Set the hours. Rotate the **TIMER/WEIGHT/POWER** knob until the correct hour is displayed (23).

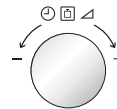


3. Press the **COOKING MODE** button to change from hours to minutes.



x1

4. Set the minutes. Rotate the **TIMER/WEIGHT/POWER** knob until the correct minute is displayed (35).



5. Press the **COOKING MODE** button to start the clock.



x1



Notes:

1. You can rotate the **TIMER/WEIGHT/POWER** knob clockwise or counter-clockwise.
2. Press the **STOP** button if you make a mistake during programming.
3. If the electrical power supply to your microwave oven is interrupted, the display will intermittently show **88:88** after the power is reinstated. If this occurs during cooking, the programme will be erased. The time of day will also be erased.
4. When you want to reset the time of day, follow the example on page 12 again.

Microwave cooking advice

Microwaves are energy waves, similar to those used for TV and radio signals.

Electrical energy is converted into microwave energy, which is directed into the oven cavity via a waveguide. To prevent food and grease entering the waveguide it is protected by the waveguide cover.

Microwaves cannot pass through metal, because of this the oven cavity is made of metal and there is a fine metal mesh on the door. During cooking the microwaves bounce off the sides of the oven cavity at random.

Microwaves will pass through certain materials, such as glass and plastic, to heat the food. (See 'Suitable Cookware' on pages 15-16).

To cook/defrost food in a microwave oven, the microwave energy must be able to pass through the container to penetrate the food. Therefore it is important to choose suitable cookware.

Round/oval dishes are preferable to square/oblong ones, as the food in the corners tends to overcook. A variety of cookware can be used as listed on pages 15-16.

Water, sugar and fat in food absorb microwaves which cause them to vibrate. This creates heat by friction, in the same way your hands get warm when you rub them together.

The outer areas of the food are heated by the microwave energy, then the heat moves to the centre by conduction, as it does in conventional cooking. It is important to turn, rearrange or stir food to ensure even heating.

Once cooking is complete, the oven automatically stops producing microwaves.

Standing time is necessary after cooking, as it enables the heat to disperse equally throughout the food.

Microwaves cook food faster than conventional cooking. It is therefore essential that certain techniques are followed to ensure good results. Many of the following techniques are similar to those used in conventional cooking.

Food characteristics

Composition	Foods high in fat or sugar (e.g. Christmas pudding, mince pies) require less heating time. Care should be taken as overheating can lead to fire.
Density	Food density will affect the amount of cooking time needed. Light porous foods, such as cakes or bread, cook more quickly than heavy, dense foods, such as roasts and casseroles.
Quantity	The cooking time must be increased as the amount of food placed in the oven increases. E.g. four potatoes will take longer to cook than two.
Size	Small foods and small pieces cook faster than large ones, as microwaves can penetrate from all sides to the centre. For even cooking make all the pieces the same size.
Shape	Foods which are irregular in shape, such as chicken breasts or drumsticks, take longer to cook in the thicker parts. Round shapes cook more evenly than square shapes when microwave cooking.
Temperature of food	The initial temperature of food affects the amount of cooking time needed. Chilled foods will take longer to cook than food at room temperature. Cut into foods with fillings, for example jam doughnuts, to release heat or steam.

Cooking techniques

Arrange	Place the thickest parts of food towards the outside of the dish. E.g. Chicken drumsticks.
Cover	Use vented microwave cling film or a suitable lid.
Pierce	Foods with a shell, skin or membrane must be pierced in several places before cooking or reheating as steam will build up and may cause food to explode. E.g. Potatoes, Fish, Chicken, Sausages. Note: <i>Eggs should not be heated using microwave power as they may explode, even after cooking has ended. E.g. poached, fried, hard boiled.</i>
Stir, turn & rearrange	For even cooking it is essential to stir, turn and rearrange food during cooking. Always stir and rearrange from the outside towards the centre.
Stand	Standing time is necessary after cooking to enable the heat to disperse equally throughout the food.
Shield	Some areas of food being defrosted may become warm. Warm areas can be shielded with small pieces of foil, which reflect microwaves, e.g. legs and wings on a chicken.

Using a food thermometer to determine cooking times

Once cooked, every drink and every foodstuff has a certain internal temperature at which the cooking process can be switched off and the food will be cooked. The internal temperature can be ascertained with a food thermometer. The most important temperatures are specified in the temperature table.

Drink / food	Internal temp. at the end of cooking time	Internal temp. after 10 -15 mins standing time
Heating drinks (Coffee, Water, Tea, etc.)	65-75°C	
Heating milk	60-65°C	
Heating soup	75-80°C	
Heating stew	75-80°C	
Poultry	80-85°C	85-90°C
Lamb	70°C	70-75°C
	Well done	80-85°C
Roast beef	Rare	55-60°C
	Medium	65-70°C
	Well done	80-85°C
Pork, Veal	80-85°C	80-85°C

Cookware	Microwave safe	Comments
Aluminium Foil/ Foil Containers	✓ / ✗	Small pieces of aluminium foil can be used to shield food from overheating. Keep foil at least 2 cm from the oven walls, as arcing may occur. Foil containers are not recommended unless specified by the manufacturer, e.g. Microfoil®, follow instructions carefully.
Browning Dishes	✓	Always follow the manufacturers instructions. Do not exceed heating times given. Be very careful as these dishes become very hot.
China & Ceramics	✓ / ✗	Porcelain, pottery, glazed earthenware and bone china are usually suitable, except for those with metallic decoration.
Glassware e.g. Pyrex®	✓	Care should be taken if using fine glassware as it can break or crack if heated suddenly.
Metal	✗	It is not recommended to use metal cookware when using microwave power as it will arc, which can lead to fire.
Plastic/Polystyrene e.g. fast food containers	✓	Care must be taken as some containers warp, melt or discolour at high temperatures.
Cling film	✓	Should not touch the food and must be pierced to let the steam escape.
Freezer/ Roasting bags	✓	Must be pierced to let steam escape. Ensure bags are suitable for microwave use. Do not use plastic or metal ties, as they may melt or catch fire due to the metal arcing.

Cookware	Microwave safe	Comments
Paper - plates cups & kitchen paper	✓	Only use for warming or to absorb moisture. Care must be taken as overheating may cause fire.
Straw & wooden containers	✓	Always attend the oven when using these materials as overheating may cause fire.
Recycled paper & newspaper	✗	May contain extracts of metal which will cause 'arcing' and may lead to fire.

Microwave power levels

Your oven has 5 power levels. To choose the power level for cooking, follow the advice given in the recipe section. Generally the following recommendations apply:

Power setting	Suggested use
900 W	used for fast cooking or reheating e.g. soup, casseroles, canned food, hot beverages, vegetables, fish, etc.
630 W	used for longer cooking of dense foods such as roast joints, meat loaf and plated meals, also for sensitive dishes such as cheese sauce and sponge cakes. At this reduced setting, the sauce will not boil over and food will cook evenly without over cooking at the sides.
450 W	for dense foods which require a long cooking time when cooked conventionally, eg. beef dishes, it is advisable to use this power setting to ensure the meat will be tender.
270 W	(Defrost setting) to defrost, select this power setting, to ensure that the dish defrosts evenly. This setting is also ideal for simmering rice, pasta, dumplings and cooking egg custard.
90 W	for gentle defrosting, eg. cream gateaux or pastry.

W = Watt

To set the microwave power level :

1. Rotate the **TIMER/WEIGHT/POWER** knob clockwise or counter-clockwise to select cooking time.
2. Press the **COOKING MODE** button once (microwave only). To change the microwave power level rotate

the knob until the desired power level is reached.

3. Press the **START/+30** button.

Note: If the power level is not selected, 900 W is automatically set.

Microwave cooking

Your oven can be programmed for up to 90 minutes. (90.00) The input unit of cooking (defrosting) time varies from 10 seconds to five minutes. It depends on the total length of the cooking (defrosting) time as shown in the table.

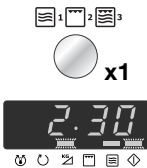
Cooking time	Increasing unit
0-5 minutes	10 seconds
5-10 minutes	30 seconds
10-30 minutes	1 minute
30-90 minutes	5 minutes

Example: Suppose you want to heat soup for 2 minutes and 30 seconds on 630 W microwave power.

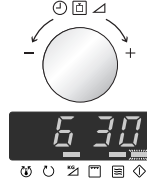
1. Enter the desired cooking time by rotating the **TIMER/WEIGHT/POWER** knob clockwise.



2. Choose the desired cooking mode by pressing the **COOKING MODE** button once (microwave only).



3. Choose the desired power level by rotating the **TIMER/WEIGHT/POWER** knob clockwise.



4. Press the **START/+30** button once to begin cooking.



Check the display.



Notes:

1. When the door is opened during the cooking process, the cooking time on the digital display stops automatically. The cooking time starts to count down again when the door is closed and the **START/+30** button is pressed.
2. If you wish to know the power level during cooking, press the **COOKING MODE** button. As long as your finger is touching the **COOKING MODE** button, the power level will be displayed.
3. You can rotate the **TIMER/WEIGHT/POWER** knob clockwise or counter-clockwise. If you rotate the knob counter-clockwise, the cooking time will decrease from 90 minutes by degrees.

Grill & dual grill cooking

This microwave oven has two **GRILL** cooking modes:

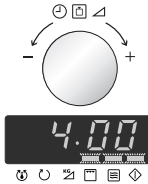
1. Grill only.
2. Dual Grill (Grill with microwave).

1. Grill only cooking

This mode can be used to Grill/Brown food.

Example: To make toast for 4 minutes.

1. Enter the desired cooking time by rotating the **TIMER/WEIGHT/POWER** knob.



2. Choose the desired cooking mode by pressing the **COOKING MODE** button twice. (Grill only).



3. Press the **START/+30** button once to begin cooking.



Check the display.



Notes:

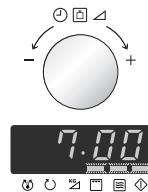
1. The high or the low rack is recommended for grilling.
2. You may detect smoke or a burning smell when using the grill for the first time, this is normal and not a sign that the oven is out of order. To avoid this problem, when first using the oven, operate the grill without food for 20 minutes.

2. Dual grill cooking

This mode uses a combination of Grill power and Microwave power (90 W to 630 W). The microwave power level is preset to 270 W.

Example: To cook grill skewers (recipe given on page 28) for 7 minutes on **DUAL GRILL** (450 W).

1. Enter the desired cooking time by rotating the **TIMER/WEIGHT/POWER** knob clockwise.



2. Choose the desired cooking mode by pressing the **COOKING MODE** button 3 times (Dual grill).



3. Choose the desired power level by rotating the **TIMER/WEIGHT/POWER** knob clockwise.



4. Press the **START/+30** button once to begin cooking.



Check the display.



Other convenient functions

1. Multiple sequence cooking

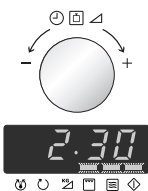
A sequence of 3 stages (maximum) can be programmed using combinations of **MICROWAVE**, **GRILL** or **DUAL GRILL**.

Example:

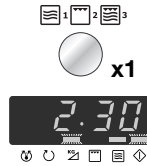
To cook: 2 minutes and 30 seconds on 630 W power (Stage 1)
5 minutes Grill only (Stage 2)

Stage 1

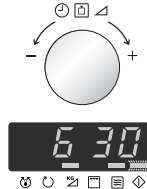
1. Enter the desired cooking time by rotating the **TIMER/WEIGHT/POWER** knob clockwise.



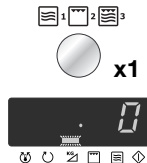
2. Choose the desired cooking mode by pressing the **COOKING MODE** button once (microwave only).



3. Choose the desired power level by rotating the **TIMER/WEIGHT/POWER** knob clockwise.

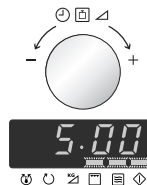


4. Press the **COOKING MODE** button before programming Stage 2.

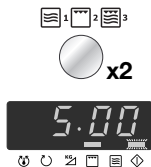


Stage 2

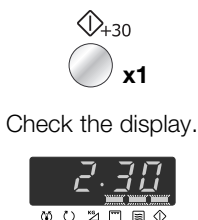
1. Enter the desired cooking time by rotating the **TIMER/WEIGHT/POWER** knob clockwise.



- Choose the desired cooking mode by pressing the **COOKING MODE** button twice (grill only).



- Press the **START/+30** button once to begin cooking.



(The oven will begin to cook for 2 minutes and 30 seconds at 630 W, and then for 5 minutes on Grill only.)

Note: If you set any programme after setting the **GRILL** mode, omit steps 3 and 4. If you press the **COOKING MODE** button continually after setting **GRILL** mode, the **GRILL** mode will be changed to the **DUAL GRILL** mode automatically.

Example: To cook 1.0 kg Courgette & Noodle Gratin (on page 37).

- 18 minutes at 900 W.
- 7 minutes Dual Grill at 630 W.

2. Add 30 seconds function

The **START/+30** button allows you to operate the two following functions:

a. Direct start

You can directly start cooking on 900 W microwave power level for 30 seconds by pressing the **START/+30** button.



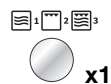
Note: To avoid the misuse by children the **START/+30** button can be used only within 3 minutes after the preceding operation, i.e., closing the door, pressing the **STOP** button or cooking completion.

b. Extend the cooking time

You can extend the cooking time for multiples of 30 seconds if the button is pressed while the oven is in operation.

3. To check the power level

To check the microwave power level during cooking press the **COOKING MODE** button.

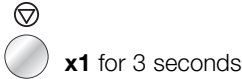


As long as your finger is touching the **COOKING MODE** button the power level will be displayed. The oven continues to count down although the display shows the power level.

4. Safety lock function

To set the safety lock function

1. Press and hold the **STOP** key for 3 seconds.

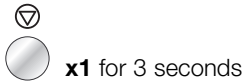


The display will show:



To cancel the safety lock function

1. Press and hold the **STOP** key for 3 seconds.



The display will show the time of day, if set.

Note: When the Safety Lock is set you cannot input any buttons except the **STOP** button.

Auto cook & defrost operation

1. **AUTO COOK** and **AUTO DEFROST** automatically work out the correct cooking mode and cooking time. You can choose from 2 **AUTO COOK**, 6 **AUTO COOK plus GRILL** and 4 **AUTO DEFROST** menus. What you need to know when using this automatic function:

For example:

AUTO COOK plus GRILL 1: The **AUTO COOK PLUS GRILL 1** button has two menus. Press the **AUTO COOK PLUS GRILL 1** button once, the display will appear as shown.



2. The menu can be chosen by pressing the **AUTO DEFROST** or desired **AUTO COOK** button until the desired menu number is displayed. See pages 23-25 "AUTO COOK & DEFROST charts". The menu will be changed automatically by holding down the **AUTO COOK** or **AUTO DEFROST** button.
3. The weight or quantity of the food can be input by rotating the **TIMER/WEIGHT/POWER** knob until the desired weight/quantity is displayed.
 - Enter the weight of the food only. Do not include the weight of the container.
 - For food weighing more or less than weights/quantities given in the **AUTO COOK & DEFROST** charts, use manual operation. For best results, follow the cooking charts on pages 29-31.
4. To start cooking press the **START/+30** button.

When action is required (e.g. to turn food over) the oven stops and the audible signals sound, remaining cooking time and any indicator will flash on the display. To continue cooking, press the **START/+30** button.

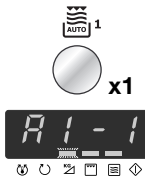
The final temperature will vary according to the initial temperature. Check food is piping hot after cooking. If necessary, you can extend the cooking time and change the power level.

Note: If you use the **ADD 30 SECONDS** function during cooking/defrosting, the food may be overcooked.

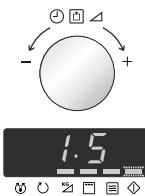
Example for AUTO COOK plus GRILL 1:

To cook Gratinated Fish Fillet 1,5 kg using Auto Cook plus Grill 1 (A1-1).

1. Select the menu required by pressing the **AUTO COOK PLUS GRILL 1** button once.



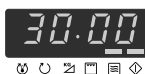
2. Enter the weight by rotating the **TIMER/WEIGHT/POWER** knob.



3. Press the **START/+30** button once.











Check the display.














Programme charts

Auto cook charts




Button	Auto cook	Weight (increasing weight) /utensils	Procedure
 x1	AC-1 Cook Chicken Pan with Vegetables 	0,5 - 1,5 kg* (500 g) (initial temp Chicken 5°C) Gratin dish and microwave cling film	<ul style="list-style-type: none"> • See recipe for “Chicken Pan with Vegetables” on page 26. <p>* Total weight of all ingredients.</p>
 x2	AC-2 Cook Mince and Onion 	0,5 - 1,5 kg* (500 g) (initial temp Mince 5°C) Casserole dish with lid	<ul style="list-style-type: none"> • See recipe for “Mince and Onion” on page 26. <p>* Total weight of all ingredients.</p>




Button	Auto cook plus grill 1	Weight (increasing weight) /utensils	Procedure
 x1	A1-1 Cook Gratinated Fish Fillet 	0,5 - 1,5 kg* (500 g) (initial temp Fish 5°C) Gratin dish Low rack	<ul style="list-style-type: none"> • See recipes for “Gratinated Fish Fillet” on page 25. <p>* Total weight of all ingredients.</p>
 x2	A1-2 Cook Gratin 	0,5 - 1,5 kg* (500 g) (initial temp 20°C) Gratin dish Low rack	<ul style="list-style-type: none"> • See recipes for “Gratin” on page 26. <p>* Total weight of all ingredients.</p>

Button	Auto cook plus grill 2	Weight (increasing weight) /utensils	Procedure
 x1	A2-1 Cook French Fried Potatoes (recommended for conventional ovens) 	0,20 - 0,40 kg (50 g) (initial temp -18°C) Flan dish High rack	<ul style="list-style-type: none"> • Place the frozen french fried potatoes in a flan dish. • Place the dish on the high rack and cook. • When the audible signals sounds, turn over. • After cooking, remove from the dish and put on a plate for serving. (No standing time is necessary). <p>Note: The dish gets very hot during cooking. To avoid burning yourself, please use oven gloves to remove the flan dish from the oven.</p>

Button	Auto cook plus grill 2	Weight (increasing weight) / utensils	Procedure
 ²  x2	A2-2 Cook Grill Skewers 	0,2 - 0,8 kg (100 g) (initial temp 5°C) High rack	<ul style="list-style-type: none"> • Prepare the grill skewers referring to the recipe on page 26. • Place on a high rack and cook. • When the audible signal sounds turn over. • After cooking, remove and put on a plate for serving. (No standing time necessary).
 ²  x3	A2-3 Cook Chicken Legs  Ingredients for 0,6 kg chicken legs: 1-2 tbsp oil, 1/2 tsp salt, 1 tsp paprika	0,20 - 0,80 kg (50 g) (initial temp 5°C) High rack	<ul style="list-style-type: none"> • Mix the ingredients and spread on the chicken legs. • Pierce the skin of the chicken legs. • Put the chicken legs on the rack, skin side down, with the thin ends towards the centre. • When the audible signal sounds, turn the food over. • After cooking, remove and stand for approx. 5 min.
 ²  x4	A2-4 Cook Grilled Chicken  Ingredients for 1,2 kg grilled chicken: 2 tbsp oil, 1 tsp paprika, salt & pepper	0,9 - 1,8 kg (100 g) (initial temp 5°C) Low rack	<ul style="list-style-type: none"> • Mix the ingredients and spread on the chicken. • Pierce the skin of the chicken. • Put chicken breast side down in a flan dish. • Play directly on the turntable and cook. • When the audible signal sounds, turn over. • After cooking, stand for approx. 3 min in the oven, remove and put on a plate for serving.

Auto defrost charts

Button	Auto defrost	Weight (increasing weight) / utensils	Procedure
 ¹  x1	Ad-1 Defrost Steak & Chops 	0,2 - 1,0 kg (100 g) (initial temp -18°C) Flan dish (See note on page 25.)	<ul style="list-style-type: none"> • Place the food in a flan dish in the centre of the turntable. • When the audible signal sounds, turn the food over, rearrange and separate. Shield thin parts and warm spots with aluminium foil. • After defrosting, wrap in aluminium foil for 10 - 15 min, until thoroughly defrosted.

Button	Auto defrost	Weight (increasing weight) / utensils	Procedure
 x2	Ad-2 Defrost Minced Meat	0,2 - 1,0 kg (100 g) (initial temp -18°C) Flan dish (See note below.)	<ul style="list-style-type: none"> Place the block of minced meat in a flan dish in the centre of the turntable. When the audible signal sounds, turn the food over. Remove the defrosted parts if possible. After defrosting, cover with aluminium foil and stand for 5 - 10 min, until thoroughly defrosted.
 x3	Ad-3 Defrost Cake	0,1 - 1,4 kg (100 g) (initial temp -18°C) Plate	<ul style="list-style-type: none"> Remove all packaging from the cake. Place directly on the turntable, or on a plate in the middle of the turntable. After defrosting, cut the cake into similar sized pieces keeping space between each piece and stand for 15 - 60 min, until evenly defrosted.
 x4	Ad-4 Defrost Bread	0,1 - 1,0 kg (100 g) (initial temp -18°C) Flan dish (Only sliced bread is recommended for this programme.)	<ul style="list-style-type: none"> Distribute in a flan dish in the centre of the turntable. For 1,0 kg distribute directly on the turntable. When the audible signal sounds, turn over, re-arrange and remove defrosted slices. After defrosting cover in aluminum foil and stand for 5 - 15 min, until thoroughly defrosted.

Note: Auto Defrost

- Steaks and Chops should be frozen in one layer.
- Minced meat should be frozen in a thin shape.
- After turning over, shield the defrosted portions with small, flat pieces of aluminium foil.
- The poultry should be processed immediately after defrosting.
- Gateaux topped and coated with cream are very sensitive to microwave energy. For the best result, if the cream begins to soften rapidly, remove it from the oven immediately and stand for 10 - 30 minutes at room temperature.

Recipes for auto cook menus

Chicken pan with vegetables (AC-1) Spicy chicken fricassee

0,5 kg	1,0 kg	1,5 kg	
60 g	120 g	180 g	long grain rice
1	1	1	sachet saffron
25 g	50 g	75 g	onion (sliced)
50 g	100 g	150 g	red pepper (in strips)
50 g	100 g	150 g	leek (in strips)
150 g	300 g	450 g	fillet of chicken breast (cubed)
			pepper, paprika powder
10 g	20 g	30 g	butter or margarine
150 ml	300 ml	450 ml	meat stock

Preparation

1. Mix together the rice and saffron in the greased dish.
2. Add together the onions, red pepper, leek and chicken. Season and place on top of the rice.
3. Put butter on the top.
4. Pour the stock over the chicken, cover with microwave cling film and cook on **AUTO COOK (AC-1)** "Chicken pan with vegetables".
5. After cooking, stand for approx. 5-10 min.

Mince & onion (AC-2)

0,5 kg	1,0 kg	1,5 kg	
150 g	300 g	450 g	minced meat (1/2 beef, 1/2 pork)
50 g	100 g	150 g	onion (finely chopped)
1/2	1	1 1/2	egg
15 g	30 g	45 g	white breadcrumbs salt and pepper
115 ml	230 ml	345 ml	meat stock
20 g	40 g	60 g	tomato purée
65 g	125 g	190 g	potatoes (finely chopped)
65 g	125 g	190 g	carrots (finely chopped)
1/2 tbsp	1 tbsp	1 1/2 tbsp	chopped parsley

Preparation

1. Mix together the minced meat, onion, egg and the breadcrumbs in the casserole dish. Season with salt and pepper.
2. Mix the tomato purée into the meat stock.
3. Add the liquid, potatoes, carrots and parsley to the meat and stir well.
4. Cover and cook on **AUTO COOK (AC-2)** "Mince & onion".
5. When the oven stops and the audible signal sounds, stir and re-cover.
6. After cooking, stir and stand for approx. 5 min. Sprinkle with parsley and serve.

Gratinated fish fillet (A1-1)

Fish esterhazy

0,5 kg	1,0 kg	1,5 kg	
230 g	450 g	680 g	fish fillet
100 g	200 g	300 g	leeks (cut into rings)
20 g	40 g	60 g	onion (finely sliced)
40 g	100 g	140 g	carrot (grated)
10 g	10 g	20 g	butter or margarine
			salt, pepper
			nutmeg
1 tbsp	1½ tbsp	2 tbsp	lemon juice
50 g	100 g	150 g	crème fraîche
50 g	100 g	150 g	Gouda (grated)

Gratinated fish fillet (A1-1)

Fish gratin Italian style

0,5 kg	1,0 kg	1,5 kg	
200 g	430 g	630 g	fish fillet
½ tbsp	1 tbsp	1½ tbsp	lemon juice
½ tbsp	1 tbsp	1½ tbsp	anchovy butter
30 g	50 g	80 g	Gouda (grated)
150 g	300 g	450 g	fresh tomatoes
			salt and pepper
1 tbsp	1½ tbsp	2 tbsp	chopped mixed herbs
100 g	180 g	280 g	Mozarella
½ tbsp	¾ tbsp	1 tbsp	Basil (chopped)

Preparation

1. Put vegetables, butter and the spices into a casserole dish and mix well. Cook for 2-6 min. on 900 W depending on weight.
2. Wash the fish, dry and sprinkle with lemon juice and salt.
3. Mix the crème fraîche with the vegetables and season again.
4. Put half of the vegetables in a gratin dish. Place the fish on top and cover with the remaining vegetables.
5. Spread the Gouda over the top, place on the low rack and cook on **AUTO COOK plus GRILL 1 (A1-1)**, "Gratinated fish fillet".
6. After cooking, stand for approx 5 min.

Preparation

1. Wash and dry the fish and sprinkle with lemon juice, salt and grease with anchovy butter.
2. Place in a gratin dish.
3. Sprinkle the Gouda over the fish.
4. Place the tomatoes on top of the cheese.
5. Season with salt, pepper and the mixed herbs.
6. Drain the Mozarella, cut into slices and place on the tomatoes. Sprinkle the basil over the cheese.
7. Place the gratin dish on the low rack and cook on **AUTO COOK plus GRILL 1 (A1-1)** "Gratinated fish fillet".
8. After cooking, stand for approx. 5 min.

Gratin (A1-2)

Spinach gratin

0,5 kg	1,0 kg	1,5 kg	
150 g	300 g	450 g	leaf spinach (defrosted, drained)
15 g	30 g	45 g	onion (finely chopped)
5 g	10 g	15 g	salt, pepper, nutmeg
150 g	300 g	450 g	butter or margarine (to grease the dish)
150 g	300 g	450 g	boiled potatoes (sliced)
35 g	75 g	110 g	cooked ham (diced)
50 g	100 g	150 g	crème fraiche
1	2	3	eggs
40 g	75 g	115 g	grated cheese

Gratin (A1-2)

Potato-courgette-gratin

0,5 kg	1,0 kg	1,5 kg	
5 g	10 g	15 g	butter or margarine (to grease the dish)
200 g	400 g	600 g	boiled potatoes (sliced)
115 g	230 g	345 g	courgette (finely sliced)
75 g	150 g	225 g	crème fraiche
1	2	3	eggs
1/2	1	2	clove of garlic (crushed)
40 g	80 g	120 g	salt, pepper
40 g	80 g	120 g	grated Gouda cheese
10 g	20 g	30 g	sunflower kernels

Grill Skewers (A2-2)

4 pieces	
400 g	pork cutlets, cubed
100 g	streaky bacon
100 g	onions, quartered
250 g	tomatoes, quartered
100 g	green pepper, cubed
2 tbsp	oil
4 tsp	paprika
	salt
1 tsp	cayenne pepper
1 tsp	worcester sauce

Preparation

1. Mix together the leaf spinach with the onion and season with salt, pepper and nutmeg.
2. Grease the gratin dish. Place alternate layers of potato slices, diced ham and spinach in the dish. The top layer should be spinach.
3. Mix the eggs with crème fraiche, add salt and pepper and pour over the gratin.
4. Cover the gratin with the grated cheese.
5. Place on the low rack and cook on **AUTO COOK plus GRILL 1 (A1-2)**, "Gratin".
6. After cooking, stand for 5-10 min.

Preparation

1. Grease the gratin dish and place alternate layers of potato slices and courgette in the dish.
2. Mix the eggs with crème fraiche, season with salt, pepper and garlic and pour over the gratin.
3. Sprinkle the Gouda cheese over the gratin.
4. Finally sprinkle the gratin with sunflower kernels.
5. Place on the low rack and cook on **AUTO COOK plus GRILL 1 (A1-2)**, "Gratin".
6. After cooking, stand for 5-10 min.

Preparation

1. Thread meat and vegetables alternately on 4 wooden skewers.
2. Mix the oil with the spices and brush over the kebabs.
3. Place the kebabs on the rack and cook on **AUTO COOK plus GRILL 2 (A2-2)**, "Grill skewers".

Cooking charts

Abbreviations used				
tbsp = tablespoon	tsp = teaspoon Cup = cupful	kg = kilogram g = gram	l = litre ml = millilitre	cm = centimetre min = minutes

Food/Drink	Heating food & drink				
	Quantity -g-	Setting	Power -Level-	Time -Min-	Method
Coffee	1 cup	150	☰	900 W	approx. 1 do not cover
Milk	1 cup	150	☰	900 W	approx. 1 do not cover
Water	1 cup	150	☰	900 W	approx. 2 do not cover
	6 cups 1 dish	900 1000	☰ ☰	900 W 900 W	8-10 do not cover 9-11 do not cover
Platters (vegetables, meat & trimmings)	400	☰	900 W	4-6	sprinkle some water onto the sauce, cover, stir halfway through heating
Soup / Stew	200	☰	900 W	1-2	cover, stir after heating
Vegetables	200	☰	900 W	2-3	if necessary add some water, cover,
	500	☰	900 W	3-5	stir halfway through heating
Meat, 1 slice *	200	☰	900 W	approx. 3	cover thinly spread sauce over the top,
Fish fillet *	200	☰	900 W	3-5	cover
Cake, 1 slice	150	☰	450 W	1/2 -1	place in a flan dish
Baby food, 1 jar	190	☰	450 W	1/2 -1	transfer into a suitable microwaveable container, after heating stir well and test the temperature
Melting Margarine or Butter *	50	☰	900 W	1/2	cover
Melting chocolate	100	☰	450 W	3-4	stir occasionally

* from chilled

Cooking fresh vegetables						
Food	Quantity -g-	Setting	Power -Level-	Time -Min-	Method	Added water -tbsps / ml-
Broccoli	500	☰	900 W	6-8	cover, stir halfway through cooking	4-5 tbsp
Peas	500	☰	900 W	6-8	cover, stir halfway through cooking	4-5 tbsp
Carrots	500	☰	900 W	9-11	cut into rings, stir halfway through cooking	4-5 tbsp
Boiled potatoes	500	☰	900 W	7-9	cut into large pieces of a similar size, add a little salt, cover, stir occasionally during cooking	150 ml

Food	Quantity -g-	Setting	Defrosting		Hints	Standing Time -Min-
			Power -Level-	Time -Min-		
Goulash	500	☰	270 W	8-9	stir halfway through defrosting	15-30
Sausages, 8 pieces	600	☰	270 W	6-8	place next to each other, turn	5-10
4 pieces	300	☰	270 W	3-5	over halfway through defrosting	5-10
Chicken legs	200	☰	270 W	3-4	turn over halfway through defrosting	10-15
Fish fillet	400	☰	270 W	5-7	turn over halfway through defrosting	5-10
Bread rolls, 2 pieces	80	☰	270 W	1-1½	only partially defrost	-
Cake, 1 piece	150	☰	270 W	1-3	place in a flan dish	5
Fruit e.g. cherries, strawberries, raspberries, plums	250	☰	270 W	3-5	spread out evenly, turn over halfway through defrosting	5

The times shown in the table are guidelines which may vary according to freezing temperature, quality and weight of the foodstuffs.

Food	Quantity -g-	Setting	Defrosting & cooking			Hints	Standing Time -Min-
			Power -Level-	Time -Min-	Added Water -tbsps-		
Fish fillet	300	☰	900 W	9-11	-	cover	1-2
One plate meal	400	☰	900 W	8-10	-	cover, stir after 6 minutes	2
Broccoli	300	☰	900 W	6-8	3-5	cover, stir halfway through cooking	2
Peas	300	☰	900 W	6-8	3-5	cover, stir halfway through cooking	2
Mixed vegetables	500	☰	900 W	9-11	3-5	cover, stir halfway through cooking	2

Food	Quantity -g-	Setting	Cooking, grilling & browning			Hints	Standing time -Min-
			Power -Level-	Time -Min-			
Roasts (Pork, Veal, Lamb)	500	☰	450 W	5-8	season to taste, place on the low rack, turn over after *	10	
		☰ ☐	450 W	6-8 *			
		☰	450 W	5-8			
		☰ ☐	450 W	4-5			
	1000	☰	450 W	16-18		10	
		☰ ☐	450 W	5-7 *			
		☰	450 W	14-16			
		☰ ☐	450 W	4-6			
	1500	☰	450 W	26-28		10	
		☰ ☐	450 W	5-8 *			
		☰	450 W	26-28			
		☰ ☐	450 W	4-5			

Food	Quantity -g-	Cooking, grilling & browning				Hints	Standing time -Min-
		Setting	Power -Level-	Time -Min-			
Roast beef (medium)	1000		630 W	5-8	season to taste, place on * the low rack, turn over after *	10	
			630 W	8-10			
			630 W	3-5			
	1500		630 W	12-15		10	
			630 W	12-15 *			
			630 W	4-6			
Chicken	1200		900 W	9-11	season to taste, place breast side down on the low rack, turn over after *	3	
			630 W	5-7 *			
			900 W	9-11			
			630 W	3-5			
Chicken legs	200		450 W	6-7 *	season to taste, place skin side down on the high rack, turn over after *	3	
				4-6			
Rump steaks 2 pieces, medium	400			11-12 *	place on the high rack, turn over after *, season after grilling		
				6-8			
Browning of gratin dishes				8-13	place dish on the low rack		
Croque Monsieur	1 piece		450 W	1/2	toast the bread and spread with butter, top with a slice of cooked ham, a slice of pineapple and a slice of cheese		
	4 pieces		450 W	5-6			
				1/2 -1			
				5-6			
Frozen Pizza	300		450 W	4-6	place on the low rack		
			450 W	4-6			
	400		450 W	6-7			
			450 W	5-7			

Recipes

All the recipes in this book are calculated on the basis of 4 servings - unless otherwise stated.

Adapting recipes for the microwave oven

If you would like to adapt your favourite recipes for the microwave, you should take note of the following: Shorten cooking times by a third to a half. Follow the example of the recipes in this book.

Foods which have a high moisture content such as meat, fish, poultry, vegetables, fruit, stews and soups can be prepared in your microwave without any difficulty.

Foods which have little moisture, such as platters of food, should have the surface moistened prior to heating or cooking.

The amount of liquid to be added to raw foods, which are to be braised, should be reduced to about two thirds of the quantity in the original recipe. If necessary, add more liquid during cooking.

The amount of fat to be added can be reduced considerably. A small amount of butter, margarine or oil is sufficient to flavour food. For this reason your microwave is excellent for preparing low-fat foods as part of a diet.

Onion soup

Utensils: Bowl with lid (2 l capacity)
4 soup bowls (200 ml)

Ingredients

10 g butter or margarine
100 g onions, sliced
800 ml meat stock
2 slices bread
40 g grated cheese

1. Grease the bowl, add the sliced onion, meat stock and the seasoning. Cover and cook.

9-11 min.  **900 W**

2. Toast the slices of bread, cut them into cubes and divide them among the soup bowls. Pour the soup over the toast cubes and sprinkle on the cheese.
3. Place the bowls on the turntable, and grill.

6-7 min. 


Mushrooms with rosemary

Utensils: Bowl with lid (1 l capacity)
Shallow round dish with lid
(approx. 22 cm diameter)

Ingredients


8 large mushrooms
(approx. 225 g), whole
2 tbsp butter or margarine
1 onion, finely chopped
50 g bacon, finely diced
black pepper
ground fresh rosemary, bruised
125 ml dry white wine
125 ml cream
2 tbsp flour (20 g)

1. Remove the stalks from the mushrooms. Chop the stalks into small pieces.
2. Grease the shallow dish. Add the onions, the diced bacon and the mushroom stalks. Season with pepper and rosemary, cover and cook.

3-5 min.  **900 W**

Leave to cool.

3. Heat the cream and 100 ml of the wine in the bowl.

1-3 min.  **900 W**

4. Mix the remaining wine with the flour, stir into the hot liquid, cover and cook. Stir once during cooking.

approx. 1 min.  **900 W**

5. Fill the mushrooms with the bacon mixture and put in shallow dish. Pour the sauce over the mushrooms and cook on the rack.

6-8 min.   **270 W**

After cooking, stand for approx. 2 min.

Aubergines stuffed with minced meat

Utensils: Bowl with lid (1 l capacity)
Shallow flan dish
(approx. 30 cm long)

Ingredients

250 g aubergines
200 g tomatoes
1 tbsp olive oil to grease the dish
100 g onions, chopped
4 mild green chillies, seeds removed
200 g minced beef
2 garlic cloves, crushed
2 tbsp parsley, chopped
salt & pepper
paprika
60 g Feta cheese, cubed

1. Cut the aubergines in half lengthways. Scoop out the flesh with a teaspoon to leave a shell about 1 cm thick. Dice the scooped-out flesh.
2. Remove the skin from the tomatoes and chop.
3. Grease the bottom of the bowl with the olive oil. Add the onions, cover and cook.

2 min.  **900 W**

4. Cut the chillies into rings. Retain a third for the garnish. Mix the minced meat with the diced aubergines, onions, tomatoes, chilli rings, garlic and parsley. Season to taste.
5. Dry the aubergine halves. Fill with half of the mince mixture, spread the feta cheese on top, and then add the rest of the filling.

6. Arrange the aubergine halves in the greased oven proof dish, place the dish on the low rack and cook.

11-13 min.   **630 W**

Garnish the aubergine halves with the chilli rings and continue cooking.

4-7 min.   **630 W**

After cooking, stand for approx. 2 min.

Sole fillets

Utensils: Shallow oval oven dish with
microwave cling film
(approx. 26 cm long)

Ingredients

400 g sole fillets
1 lemon, whole
150 g tomatoes
10 g butter
1 tbsp vegetable oil
1 tbsp parsley, chopped
salt & pepper
4 tbsp white wine
20 g butter or margarine

Tip: This recipe can also be used for Cod, Haddock, Halibut, Mullet or Plaice.

1. Wash the fish and pat dry. Remove any bones.
2. Cut the lemon and the tomatoes into thin slices.
3. Grease the oven dish with butter. Place the fish fillets in the dish and drizzle with vegetable oil.
4. Sprinkle parsley over the dish, place the tomatoe slices on top and season. Place the lemon slices on top of the tomatoes and pour the white wine over them.
5. Place small pats of butter on top of the lemon, cover and cook.

11-13 min.   **630 W**





After cooking, stand for approx. 2 min.

Fish filet with cheese sauce

Utensils: Bowl with lid (1 l capacity)
Shallow round gratin dish
(approx. 25 cm diameter)

Ingredients

800 g fish fillets
2 tbsp lemon juice
salt
10 g butter or margarine
50 g onion, finely chopped
20 g flour
100 ml white wine
1 tsp vegetable oil to grease the dish
100 g Emmental cheese, grated
2 tbsp parsley, chopped

1. Wash the fish, pat dry and sprinkle with lemon juice. Rub with salt.
2. Grease the bowl. Add the diced onion, cover and cook.
1-2 min.  **900 W**
3. Sprinkle the flour over the onions and white wine and mix.
4. Grease the gratin dish and place the fish in it. Pour the sauce over the fish and sprinkle with cheese. Place on the rack and cook.
1. 7-8 min.  **450 W** and then
2. 14-16 min.   **450 W**
After cooking, stand for approx. 2 min.




Almond trout

Utensils: Shallow oval gratin dish
(approx. 32 cm long)

Ingredients

4 trout (200 g), trimmed
juice of one lemon
salt
30 g butter or margarine
50 g flour
10 g butter or margarine to grease
the dish
50 g almond flakes

Tip: Suitable accompanying dishes are
parsley potatoes and a green salad.



1. Wash and dry the trout and sprinkle with lemon juice. Rub salt to the interior and exterior of the fish and leave to stand for 15 min.
2. Melt the butter.
1 min.  **900 W**
3. Dry the fish, spread with butter and roll in the flour.
4. Grease the dish. Put the trout in the dish and cook on the low rack. Two thirds through the cooking period turn the trout and scatter the almonds over them.
15-18 min.   **450 W**
After cooking, stand for approx. 2 min.

Zürich veal stew

Utensils: Dish with lid (2 l capacity)

Ingredients

600 g veal fillet
10 g butter or margarine
50 g onion, finely chopped
100 ml white wine
seasoned gravy browning, for
approx. 1/2 l gravy
300 ml cream
1 tbsp parsley, chopped

1. Cut the veal into strips.
2. Grease the dish with the butter. Put the meat and onion into the dish, cover and cook. Stir once during cooking.
6-9 min.  **900 W**
3. Add the white wine, gravy browning and cream, stir, cover and continue cooking. Stir occasionally.
3-5 min.  **900 W**
4. Stir the mixture after cooking, stand for approx. 5 min. Garnish with parsley.

Stuffed ham

Utensils: Bowl with lid (2 l capacity)
Oval gratin dish (approx. 26 cm long)

Ingredients


150 g leaf spinach, chopped
150 g fromage frais, 20 % fat content
50 g Emmental cheese, grated
pepper, paprika
8 slices cooked ham (400 g)
125 ml water
125 ml cream
20 g flour
20 g butter or margarine
1 tsp butter or margarine to grease the dish

Tip: You can buy ready-made béchamel sauce and use it for this recipe.

1. Mix the spinach with the cheese and fromage frais, season to taste.
2. Place a tablespoon of the filling on top of each slice of the cooked ham, and roll up. Secure the ham with a wooden skewer to fasten it.
3. Make a béchamel sauce; to do this, pour the water and cream into a bowl and heat.

2-4 min.  **900 W**

Mix the flour and butter to make a roux, add to the liquid, and whisk until dissolved. Cover, cook until thick.

1-2 min.  **900 W**

Stir and taste.

4. Place the sauce into the greased dish, place the filled rolls of ham into sauce and cook with lid.

10-12 min.   **630 W**

After cooking, stand for approx. 5 min.


Veal cutlet with mozzarella

Utensils: Shallow square gratin dish with lid (approx. 25 cm long)

Ingredients

150 g Mozzarella cheese, sliced
500 g tinned tomatoes, drained
4 veal cutlets (600 g)
20 ml olive oil
2 cloves of garlic, chopped
20 g capers
oregano
salt, pepper

1. Wash the veal, dry and beat flat. Place in the dish.
2. Puree the tomatoes, add the garlic, oil, salt and pepper, capers and oregano and pour over the veal. Cover and cook.

15-19 min.  **630 W**

Turn the cutlets over.

3. Place slices of mozzarella on each cutlet, season and cook uncovered on the high rack.

9-12 min.   **630 W**

After cooking, stand for approx. 5 min.

Lasagne

Utensils: Bowl with lid (2 l capacity)
Shallow square dish with lid
(approx. 20 x 20 x 6 cm)

Ingredients

300 g tinned tomatoes
50 g ham, chopped
50 g onion, finely chopped
1 clove of garlic, crushed
250 g minced beef
2 tbsp tomato puree
salt & pepper
150 ml crème fraiche
100 ml milk
50 g Parmesan cheese, grated
1 tsp mixed chopped herbs
1 tsp olive oil
1 tsp vegetable oil to grease the dish
125 g lasagne verde
1 tbsp Parmesan cheese, grated

1. Chop the tomatoes, mix with the ham and onion, garlic, minced beef and tomato puree. Season, cover and cook.

5-8 min.  **900 W**

2. Mix the crème fraiche with the milk, Parmesan cheese, herbs, oil and spices.
3. Grease the dish and cover the bottom with about 1/3 of the pasta. Put half of the minced meat mixture on the pasta and pour on some sauce. Put an additional 1/3 of the pasta on top followed by another layer of the minced meat mixture and some sauce, finishing with the remaining pasta on top. Finally, cover the pasta with lots of sauce and sprinkle with Parmesan cheese. Cook with the lid on.

13-17 min.  **630 W**

After cooking, stand for approx. 5-10 min.


Courgette & noodle gratin

Utensils: Bowl with lid (2 l capacity)
Gratin dish (approx. 26 cm long)

Ingredients


500 ml water
1/2 tsp oil
80 g macaroni
400 g tinned tomatoes, chopped
150 g onion, finely chopped
basil, thyme, salt & pepper
1 tbsp oil to grease the dish
450 g courgettes, sliced
150 g sour cream
2 eggs
100 g Cheddar cheese, grated

1. Put the water, oil and salt in the bowl, cover and cook.

3-4 min.  **900 W**

2. Add the macaroni to the water and cook.
3. Mix the tomatoes with the onions and season well. Add the macaroni. Pour the tomato sauce over the macaroni and spread the courgette slices on top.
4. Beat the sour cream and the eggs and pour over the gratin. Sprinkle the grated cheese on top. Place on the low rack and cook.

1. 18-21 min.  **900 W**

2. 7-8 min.   **630 W**

After cooking, stand for approx. 5-10 min.

Tagliatelle with cream & basil sauce

2 servings

Utensils: Bowl (2 l capacity)
Round soufflé dish
(approx. 20 cm diameter)

Ingredients

1 l boiling water
1 tsp salt
200 g tagliatelle
1 clove of garlic
15-20 basil leaves
200 g crème fraiche
30 g Parmesan cheese, grated
salt & pepper

1. Place the water and the salt into the bowl. Add the pasta cook.
1. 1-2 min. ☑ 900 W
2. 6-9 min. ☑ 270 W
2. Meanwhile rub the garlic cloves over the soufflé dish.
3. Drain the pasta well. Stir in the crème fraiche and sprinkle the basil over the pasta.
4. Add the Parmesan cheese, salt and pepper, place into a soufflé dish and stir. Garnish the dish with basil and serve hot.

Semolina pudding with raspberry sauce

Utensils: Bowl with lid (2 l capacity)

Ingredients

500 ml milk
40 g sugar
15 g chopped almonds
50 g semolina
1 egg yolk
1 tbsp water
1 egg white
250 g raspberries
50 ml water
40 g sugar

1. Put the milk, sugar and almonds in the bowl, cover and cook.
3-5 min. ☑ 900 W
2. Add the semolina, stir, cover and cook.
10-12 min. ☑ 270 W
3. Beat the egg yolk with the water in a cup, and stir into the hot mixture. Beat the egg white until it is stiff, and fold it into the mixture. Pour the pudding mixture into ramekins or small dishes.
4. To make the sauce, wash the raspberries, dab them dry carefully, and place them in a bowl with the water and sugar. Cover and heat.
2-3 min. ☑ 900 W
5. Purée the raspberries and serve either hot or cold with the semolina pudding.

Pears in chocolate sauce

Utensils: Bowl with lid (2 l capacity)
Bowl with lid (1 l capacity)

Ingredients

4 whole pears, peeled (600 g)
60 g sugar
10 g vanilla sugar
1 tbsp pear liqueur
150 ml water
130 g dark chocolate, chopped
100 g crème fraiche

Tip: Delicious when served with vanilla ice cream.

Cheesecake

12 Portions

Utensils: Spring form tin
(approx. 26 cm diameter)

Ingredients


Base:

300 g flour
1 tbsp cocoa
10 g baking powder
150 g sugar
1 egg
10 g butter or margarine to grease the tin


Filling:

150 g butter or margarine
100 g sugar
10 g vanilla sugar
3 eggs
400 g fromage frais, 20 % fat content
1 pack powdered vanilla pudding mix (40 g)

1. Place the sugar, vanilla sugar, pear liqueur and water into the bowl, stir, cover and cook.


1-2 min.  **900 W**

2. Place the pears in the liquid, cover and cook.

5-8 min.  **900 W**

Take the pears out of the cooking liquid, and place in the refrigerator.


3. Put 50 ml of the cooking liquid into the smaller bowl. Add the chocolate and crème fraiche, cover and cook.

2-3 min.  **900 W**

4. Stir the sauce well, pour over the pears to serve.

1. In a bowl, mix together the flour, cocoa, baking powder and sugar.
2. Add the egg and butter and mix in a food processor.

3. Grease the tin. Roll out the dough and line the tin, leaving 2 cm around the edges to form a rim. Bake the pastry.

6-8 min.  **630 W**

4. Whisk the butter and sugar until light and fluffy. Slowly whisk in the eggs. Add the fromage frais and the powdered vanilla pudding mix.
5. Spread the mixture over the cheesecake base and cook.

15-19 min.  **630 W**

Care & cleaning



CAUTION: DO NOT USE COMMERCIAL OVEN CLEANERS, STEAM CLEANERS, ABRASIVE, HARSH CLEANERS, ANY THAT CONTAIN SODIUM HYDROXIDE OR SCOURING PADS ON ANY PART OF YOUR MICROWAVE OVEN.



CLEAN THE OVEN AT REGULAR INTERVALS AND REMOVE ANY FOOD DEPOSITS. Failure to maintain the oven in a clean condition could lead to a deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.

Oven exterior

The outside of your oven can be easily cleaned with mild soap and water.

Make sure that the soap is wiped off with a moist cloth, and dry the exterior with a soft towel.

Control panel

Open the door before cleaning to deactivate the control panel. Care should be taken in cleaning the control panel.

Using a cloth dampened with water only, gently wipe the panel until it becomes clean. Avoid using excessive amounts of water. Do not use any sort of chemical or abrasive cleaner.

Oven interior

1. For cleaning, wipe any spatters or spills with a soft damp cloth or sponge after each use while the oven is still warm. For heavier spills, use mild soap and wipe several times with a damp cloth until all residues are removed.
2. Make sure that mild soap or water do not penetrate the small vents in the walls which may cause damage to the oven.
3. Do not use spray type cleaners on the oven interior.
4. Heat up your oven regularly by using the grill, refer to note 2 on page 18. Remaining food or fat splashed can cause smoke or a bad smell.

Turntable & turntable support

Remove the turntable and turntable support from the oven. Wash the turntable and turntable support in mild soapy water. Dry with a soft cloth. Both the turntable and the turntable support are dishwasher safe.

Door

To remove all trace of dirt, regularly clean both sides of the door, the door seals and surfaces with a soft, damp cloth.

Racks

These should be washed in a mild washing up liquid solution and dried. The rack is dishwasher safe.

Note: *A steam cleaner should not be used.*

Troubleshooting

Symptom	Possible symptoms/remedies
... the microwave appliance is not working properly?	Check that <ul style="list-style-type: none"> - the fuses in the fuse box are working, - there has not been a power outage, - If the fuses continue to blow, please contact a qualified electrician.
... the microwave mode is not working?	Check that <ul style="list-style-type: none"> - the door is properly closed, - the door seals and their surfaces are clean, - the START/+30-button has been pressed.
... the turntable is not turning?	Check that <ul style="list-style-type: none"> - the turntable support is correctly connected to the drive, - the ovenware does not extend beyond the turntable, - food does not extend beyond the edge of the turntable preventing it from rotating, - there is nothing in the well beneath the turntable.
... the microwave will not switch off?	<ul style="list-style-type: none"> - Isolate the appliance from the fuse box. - Call your local Service Force Centre.
... the interior light is not working?	- Call your local Service Force Centre. The interior light bulb can be exchanged only by a trained Service Force technician.
... the food is taking longer to heat through and cook than before?	<ul style="list-style-type: none"> - Set a longer cooking time (double quantity = nearly double time) or - if the food is colder than usual, rotate or turn from time to time or - set a higher power setting.

Note: If you cook the food over the standard time with only the same cooking mode, the power of the oven will lower automatically to avoid overheating.

(The microwave power level will be reduced or the grill heating element will begin to light on and off). After pausing for 90 seconds, full power can be reset.

Cooking mode	Standard time	Reduced power level
Microwave (900 W)	20 minutes	Microwave - 630 W
Grill	30 minutes	Grill - 50 %
Dual Grill	Grill - 30 minutes	Grill - 50 %

Specifications

AC Line Voltage	: 230-240 V, 50 Hz, single phase
AC Power required:	Microwave : 1.42 kW Grill : 1.00 kW Microwave/Grill : 2.4 kW
Output power:	Microwave : 900 W (IEC 60705) Grill : 1000 W
Microwave Frequency	: 2450 MHz * (Group 2, Class B)
Outside Dimensions	: 592 mm (W) x 460 mm (H) x 437 mm (D)
Cavity Dimensions	: 342 mm (W) x 207 mm (H) x 368 mm (D) **
Oven Capacity	: 26 litres **
Turntable	: ø 325 mm, glass
Weight	: approx. 20 kg
Oven lamp	: 25 W/240 - 250 V

* This Product fulfils the requirement of the European standard EN55011. In conformity with this standard, this product is classified as group 2 class B equipment. Group 2 means that the equipment intentionally generates radio-frequency energy in the form of electromagnetic radiation for the heat treatment of food.

Class B equipment means that the equipment is suitable to be used in domestic establishments.

** Internal capacity is calculated by measuring maximum width, depth and height. Actual capacity for holding food is less.

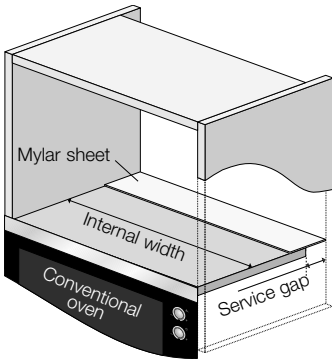


This oven complies with the requirements of Directives 89/336/EEC and 73/23/EEC as amended by 93/68/EEC.
SPECIFICATIONS ARE SUBJECT TO CHANGE WITHOUT NOTICE AS PART OF CONTINUOUS IMPROVEMENT

Installation

Installing the appliance

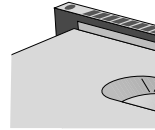
1. Remove all packaging and check carefully for any signs of damage.
2. If fitting the microwave oven above a conventional oven (position A) then use the mylar sheet provided.
 - a. Cut the Mylar sheet to fit the internal width of the unit.
 - b. Peel back the protective cover on the tape and fix to the rear of the shelf so that it covers the service gap. (See diagram).



3. Fit the appliance into the kitchen cupboard slowly, and without force, until the front frame of the oven seals against the front opening of the cupboard.
4. Ensure the appliance is stable and not leaning. Ensure that a 5 mm gap is kept between the cupboard door above and the top of the frame (see diagram).

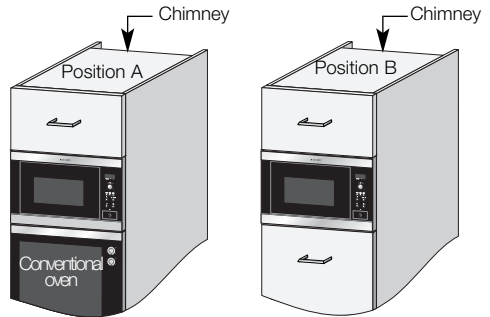


5. Fix the oven in position with the screws provided. The fixing points are located on the top and bottom corners of the oven (see diagram, item 10, page 9).



6. It is important to ensure that the installation of this product conforms to the instructions in this operation manual and the conventional oven manufacturer's installation instructions.

The microwave can be fitted in position A or B:



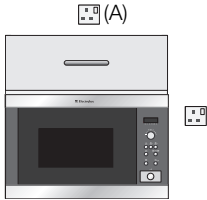
Position	Niche Size	Chimney	Gap
	W D H	(min)	Between Cupboard & Ceiling
A	560x550x450	50	50
B	560x500x450	40	50

Measurements in (mm)

Note: Ensure the bottom of the oven is 85 cm or more above the floor.

Connecting the appliance to the power supply

- **The electrical outlet should be readily accessible so that the unit can be unplugged easily in an emergency.**
- **The socket should not be positioned behind the cupboard.**
- The best position is above the cupboard, see (A). When not connecting the power supply cord to position (A) it should be removed from the support clip (see diagram, item 14, page 9) and routed under the oven.



- Connect the appliance to a single phase 230-240 V/50 Hz alternating current via a correctly installed earth socket.
- **If the appliance is to be operated in a non-European country, the supply voltage, current type and frequency of the appliance indicated on the rating plate must correspond with the specification of your power supply. The rating plate can be found on the inside face of the control panel.**
- **The power supply cord may only be replaced by an electrician.**

- Before installing, tie a piece of string to the power supply cord to facilitate connection to point (A) when the appliance is being installed.
- When inserting the appliance into the high-sided cupboard, **DO NOT** crush the power supply cord.

Electrical connections



WARNING: THIS APPLIANCE MUST BE EARTHED.

The manufacturer declines any liability should this safety measure not be observed.

- If the plug that is fitted to your appliance is not suitable for your socket outlet, it must be cut off and the appropriate plug fitted.
- Remove the fuse from the cut off plug. The cut off plug should then be disposed of to prevent the hazard of shocks in case it should be plugged into a 13 Amp socket in another part of your home.

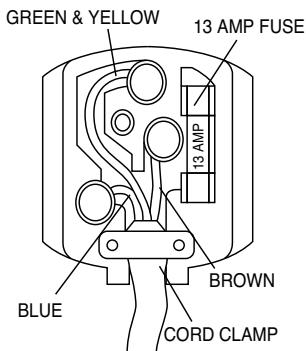
IMPORTANT

The wires in the mains lead are coloured in accordance with the following code:

GREEN AND YELLOW	EARTH
BLUE	NEUTRAL
BROWN	LIVE

If you fit your own plug, the colours of the wires in the mains lead of your appliance may not correspond with the markings identifying the terminals in your plug, proceed as follows:

- Connect the green and yellow (earth) wire to the terminal in the plug which is marked with the letter "E" or the earth symbol (\equiv) or coloured green and yellow.
- Connect the blue (neutral) wire to the terminal in the plug which is marked with the letter "N" or coloured black.
- Connect the brown (live) wire to the terminal in the plug which is marked with the letter "L" or coloured red.



Environmental information

Ecologically responsible disposal of packaging materials and old appliances

Packaging materials

Electrolux microwave ovens require effective packaging to protect them during transportation. Only the minimum packaging necessary is used. Packaging materials (e.g. foil or styrofoam) can place children at risk.

Danger of suffocation. Keep packaging material away from children.

All packaging materials used are environment friendly and can be recycled. The cardboard is made from recycled paper and the wooden parts are untreated. Plastic items are marked as follows:


- «PE» polyethylene eg packaging film
- «PS» polystyrene eg packaging (CFC-free)
- «PP» polypropylene eg packaging straps

By using and re-using the packaging, raw materials are saved and waste volume is reduced. Packaging should be taken to your nearest recycling centre. Contact your local council for information.

Disposal of old appliances

Old appliances should be made safe before disposal by removing the plug, and cutting off and disposing of the power cable.

It should then be taken to the nearest recycling centre. Check with your local Council or Environmental Health Office to see if there are facilities in your area for recycling the appliance.

The symbol  on the product or on its packaging indicates that this product may not be treated as household waste. Instead it shall be handed over to the applicable collection point for the recycling of electrical and electronic equipment. By ensuring this product is disposed of correctly, you will help prevent potential negative consequences for the environment and human health, which could otherwise be caused by inappropriate waste handling of this product. For more detailed information about recycling of this product, please contact your local city office, your household waste disposal service or the shop where you purchased the product.

Guarantee / Customer service

Standard guarantee conditions

We, Electrolux, undertake that if within 12 months of the date of the purchase this Electrolux appliance or any part thereof is proved to be defective by reason only of faulty workmanship or materials, we will, at our option repair or replace the same FREE OF CHARGE for labour, materials or carriage on condition that:

- The appliance has been correctly installed and used only on the electricity supply stated on the rating plate.
- The appliance has been used for normal domestic purposes only, and in accordance with the manufacturer's instructions.
- The appliance has not been serviced, maintained, repaired, taken apart or tampered with by any person not authorised by us.
- Electrolux Service Force Centre must undertake all service work under this guarantee.
- Any appliance or defective part replaced shall become the Company's property.
- This guarantee is in addition to your statutory and other legal rights.

Exclusions

- Damage or calls resulting from transportation, improper use or neglect, the replacement of any light bulbs or removable parts of glass or plastic.
- Costs incurred for calls to put right an appliance which is improperly installed or calls to appliances outside the United Kingdom.

- Appliances found to be in use within a commercial environment, plus those which are subject to rental agreements.
- Products of Electrolux manufacturer that are not marketed by Electrolux.

Service & spare parts

In the event of your appliance requiring service, or if you wish to purchase spare parts, please contact your local Service Force Centre by telephoning:

08705 929 929

Your telephone call will be automatically routed to the Service Force Centre covering your post code area.

For the address of your local Service Force Centre and further information about Service Force, please visit the website at

www.serviceforce.co.uk

Before calling out an engineer, please ensure you have read the details under the heading "Troubleshooting".

When you contact the Service Force Centre you will need to give the following details:

1. Your name, address and postcode.
2. Your telephone number.
3. Clear and concise details of the fault.
4. The model and serial number of the appliance (found on the rating plate).
5. The purchase date.

Please note that a valid purchase receipt or guarantee documentation is required for in-guarantee service calls.

Customer care

For general enquiries concerning your Electrolux appliance, or for further information on Electrolux products please contact our Customer Care Department by letter or telephone at the address below or visit our website at www.electrolux.co.uk

Customer Care Department
Electrolux Major Appliances
Addington Way
Luton

Bedfordshire, LU4 9QQ

Tel: 08705 950 950 (*)

(*) Calls may be recorded for training purposes

European guarantee


This appliance is guaranteed by Electrolux in each of the countries listed at the back of this user manual, for the period specified in the appliance guarantee or otherwise by law. If you move from one of these countries to another of the countries listed below the appliance guarantee will move with you subject to the following qualifications:-

- The appliance guarantee starts from the date you first purchased the appliance which will be evidenced by production of a valid purchase document issued by the seller of the appliance.
- The appliance guarantee is for the same period and to the same extent for labour and parts as exists in your new country of residence for this particular model or range of appliances.
- The appliance guarantee is personal to the original purchaser of the appliance and cannot be transferred to another user.

- The appliance is installed and used in accordance with instructions issued by Electrolux and is only used within the home i.e. is not used for commercial purposes.
- The appliance is installed in accordance with all relevant regulations in force within your new country of residence.

The provisions of this European Guarantee do not affect any of the rights granted to you by law.

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